

#### **Welcome to Our Channel**

#### **Sports & Physical Education**





**Sports and Physical Education** 



thakuranjna99



**Sports and Physical Education** 







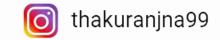


- ☐ The anatomical age of boy or girl can be determined by
- A. X- Ray of skeleton
- D. Measurement of the chest

(A) X- ray of skeleton









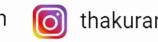


- Who provides vitality of physical education programme?
- A. Scientific Principle
- B. Physiological backup
- C. Philosophical backup
- D. Humanistic approach

(A) Scientific Principle







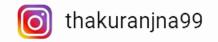




- ☐ Yoga according to Kathopanished is-
- A. Control on mind
- B. Control on sense organ mind and intellect
- C. Control on sense organ and intellect
- D. Control on body and mind

(B) Control on sense organ mind and intellect







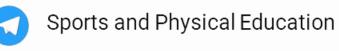


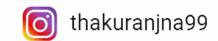
- ☐ Which Asana is most beneficial in Blood Pressure?
- A. Chakraasana
- B. Shirshasna
- C. Shavasna
- D. Dhanurasna



(C) Shavasna











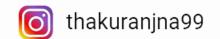
- □ In the Olympic events, the gold medal awarded for the first place has following the ratio of gold
- A. Silver gilt with 8 grams of fine gold
- B. Silver gilt with 7 grams of fine gold
- C. Silver gilt with 10 grams of fine gold
- D. Silver gilt with 6 grams of fine gold

(D) Silver gilt with 6 grams of fine gold





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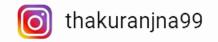
☐ Which law is related with Physically and mentally adjusted to receive stimuli

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- A. Law of Intensity
- B. Law of Effect
- C. Law of Readiness
- D. Law of Exercise

(C) Law of Readiness









- □ Father of Naturalism is –
- A. John Dewey
- B. Rousseau
- C. Plato
- D. Aristotle



(B) Rousseau









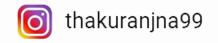


- Main consideration for effective periodization should be
- A. Base Creation

- Sports &

(B) Achievement of top form









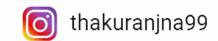
- ☐ The Agha Khan cup is associated with
- A. Hockey
- B. Cricket
- C. Football
- D. Volleyball



(A) Hockey







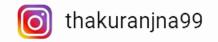




- □ Sports Psychology is taught to the student of physical education because
- D. It helps in learning.

(A) It enhance performance









- Which is not the component of Ectomorph body built?
- A. Long slender neck
- B. Long narrow neck
- C. Strong and long neck
- D. Hanging shoulder

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(C) Strong and long neck











- ☐ The headquarter of World Health Organization is situated at
- A. New Delhi
- B. Geneva
- C. Boston
- D. Russia



(B) Geneva











- What creates physical difference among people?
- A. Heredity
- B. Environment
- C. Birth Place
- D. Ethic Background

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(A) Heredity











- ☐ The headquarter of FIFA is situated at:-
- A. Dubai
- B. Jakarta
- C. Zurich
- D. Tokyo



(C) Zurich











- ☐ Stress fracture is common among
- A. Children
- B. Adult
- C. Older Man
- D. Women

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(A) Children







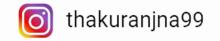




- ☐ Internship program of teacher teaching avails
- A. Subject matter curriculum
- B. Practical curriculum
- Sports & Physical Education C. The whole school environment
- D. Research curriculum

(B) Practical Curriculum









- ☐ What makes it possible for us to stand, sit, speak and blink?
- A. Nerve
- B. Muscle
- C. Cell
- D. Tissue



(B) Muscle











- □ What is the selection process of student leader in physical education?
- A. Nomination
- B. Lottery
- C. Selection
- D. All of above



(D) All of above











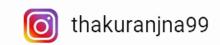
- ☐ One gram fat provides energy of
- A. 4 Kcal
- B. 6 Kcal
- C. 8 Kcal
- D. 9 Kcal

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(D) 9 Kcal











- ☐ The primary focus of supervision must watch
- A. Learning situation
- Sports & Physical Education B. Maintenance of record
- C. Activity program
- D. Competition Program

(A) Learning Situation











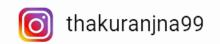
- ☐ The back bone is also called
- A. Skeleton
- B. Vertebral
- C. Joint
- D. Skull



(B) Vertebral











- ☐ The knot used to tie a bandage is known as
- A. Reef Knot
- B. Clove hitch
- C. Half hitch
- D. Granny Knot

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(A) Reef Knot











- ☐ The teaching methods are for the
- A. Teaching skills in physical education.
- D. Improvement of understanding

(A) Teaching skills in physical education.









#### ☐ The height of volleyball man net is

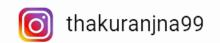
- A. 2.45 m
- B. 2.44 m
- C. 2.43 m
- D. 2.42 m

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(C) 2.43 m











#### ☐ The performance area for the floor exercise in Gymnastics is

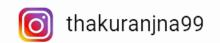
- A. 10 x 10 m
- B. 11 x 11 m
- C. 15 x 15 m
- D. 12 x 12 m



(D) 12 x 12 m











- ☐ Which of the following is our culture heritage?
- A. Sports
- B. Education
- C. Love and affection
- D. Respect of elder

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(A) Sports











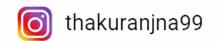
- ☐ The term "Altius" in Olympic motto mean-
- A. Faster
- B. Stronger
- C. Higher
- D. All of above



(C) Higher











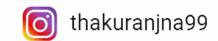
- ☐ Tactical action is a-
- A. Motor action
- B. Motor ability
- C. Motor Skill
- D. Motor solution

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(A) Motor action







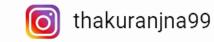




- Which of the following is considered as an active form of warming up
- A. Calisthenics
- B. Diathermy
- Sports & Physical Education C. Warm water showers
- D. Oil massage

(A) Calisthenics









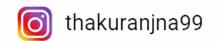
- ☐ ..... is the first pada/chapter of Patanjali.
- A. Kaivalya Pada
- B. Sadhana Pada
- C. Samadhi Pada
- D. Vibhuti Pada

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(C) Samadhi Pada











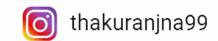
- ☐ Rahi Sarnobat is concerned with the game:-
- A. Shooting
- B. Football
- C. Badminton
- D. Volleyball

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(A) Shooting











- ☐ The anatomical name of the thigh bone is
- A. Fibula
- B. Tibia
- C. Radius
- D. Femur

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(D) Femur











- ☐ Red Blood cell are produced in the
- A. Bone Marrow
- B. Liver
- C. Heart
- D. Spinal Cord

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(A) Bone Marrow











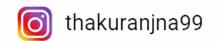
- ☐ The vital capacity is measured by
- A. Lactometer
- B. Thermometer
- C. Goniometer
- D. Spirometer

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(D) Spirometer











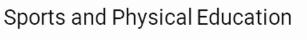
- □ Deficiency of lodine causes
- A. Goiter
- B. Rickets
- C. Scurvy
- D. Berry Berry



(A) Goiter













- Diphtheria diseases are related to the
- A. Lungs
- B. Throat
- C. Liver
- D. Brain

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(B) Throat











- □ Nephron is a microscopic structure of
- A. Lungs
- B. Heart
- C. Kidney
- D. Liver

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(C) Kidney











□ What percentage of Human body weight are voluntary muscles?

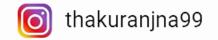
- A. 40 %
- B. 45%
- C. 50%
- D. 55%



(A) 40 %











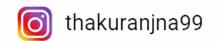
- ☐ Compound which formed in all living cells and play a key role in transformation is
- A. Granam
- B. ADP
- C. ATP
- D. Chlorophyll



(C) ATP











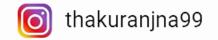
- ☐ "Play is very important for the preservation, growth and development of an organism." Who says?
- A. Mc Doughall
- B. T.P. Nunn
- C. Ross
- D. Stern



(A) Mc Doughall











- □ Community recreation is sponsored by
- A. Village, town and cities for their residents Sports & Physical Education
- Big industrial house
- C. Business
- D. Big organization

(A) Village, town and cities for their residents











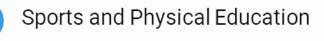
- Which of the following factor does not affect physical fitness?

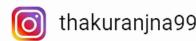
- Teading and Writing

  D. Sound sleep and rest

(C) Reading and Writing









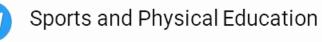


- □ Sociologist considered sports as
- A. Survival Activity

- D. Socio-Cultural Phenomenon Physical Education
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(D) Socio-culture Phenomenon







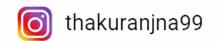




- ☐ During muscular contraction, if there is no change in length of muscle, only muscle tension is produced. It is said
- orts & Physical Education Isokinetic Movement
- Isometric Movement
- Isotonic Movement
- D. Kinetic Movement

(B) Isometric Movement







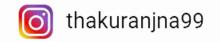


- □ Achievement motivation related to
- A. Knowledge of the person
- B. Aptitude of the person
- C. Experience of the person
- D. Need of the person

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(D) Need of the person









- □ Who considered the three domains suggested by Bloom as appropriate objectives of Physical education?
- A. Harold M Barrow
- B. Edward F. Voltmer
- C. Charles A. Bucher
- D. J R Sherman

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(A) Harold M Barrow









#### ☐ Minimum weight of shot put for men is

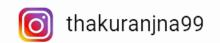
- A. 7.26 Kg
- B. 7.25 Kg
- C. 8.00 Kg
- D. 8.10 Kg

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(A) 7.26 Kg











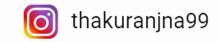
- ☐ "Swaythling Cup" is associated with
- A. Badminton
- B. Hockey
- C. Tennis
- D. Table Tennis

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(D) Table Tennis











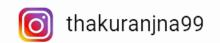
- ☐ The final event of decathlon is always
- A. Javelin Throw
- B. 110 m Hurdle
- C. 1500 m race
- D. 800 m race

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(C) 1500 m race











- Who was the writer of Iliad and Odyssey?
- A. Plato
- B. Homer
- C. Socrates
- D. Aristotle



(B) Homer











# Thank You for Watching



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